

A N N U A L R E P O R T

of the

EMERGENCY ASSISTANT IN FOOD PRESERVATION

NAVAJO COUNTY

June 1, 1944 to August 26, 1944

Mrs. Martha E. Fees

ANNUAL NARRATIVE REPORT
Mrs. Martha E. Fees
Emergency Assistant in Food Preservation
Navajo County

The Emergency Assistant was employed from June 1st to August 26th. Her time was divided between three counties - Apache, Navajo, and Maricopa. She was in Navajo and Apache counties during the absence of Miss Alice Beesley, Home Demonstration Agent and in Maricopa county during the absence of Miss Grace Ryan, Home Demonstration Agent.

Because Navajo county like Apache is in a high altitude, pressure cookers are very important in food preservation. Here, too, preserving the food supply from home gardens and neighboring states is essential to an adequate winter food supply. The Assistant's time was devoted therefore to problems of food preservation.

To insure that pressure cookers were in good working order, a series of twelve pressure cooker clinics were held in Navajo county with 156 pressure cookers being tested. The gauges were checked against a mercury manometer and safety valves were checked against a master gauge. A maximum thermometer was used to test those cookers not tested by the manometer. As a general rule, safety valves were not well cared for and the Assistant found many in need of repair or replacement. Considerable time was spent discussing the care and operation of pressure cookers with homemakers. Several homemakers were given help with the new Victory model pressure cookers. The Assistant answered requests for information regarding many problems of food preservation, including canning methods, spoilage, storage, etc.

The Assistant returned to Navajo county the last of August to hold demonstrations on the water bath method of canning fruit. One leaders' training

meeting was held at Snowflake with leaders from three communities being present. Two other demonstrations were held for homemakers in Lakeside and Joseph City. Special emphasis was placed on canning with sugar substitutes to stretch the sugar ration. A total of 15 meetings were held by the Assistant in Navajo county.

The Assistant distributed 340 bulletins which included a pamphlet on the care and operation of a pressure cooker given to each owner of a cooker. Home canning record blanks were distributed to assist the homemaker in her record of food canned at home.